

# De escalation

During this time of uncertainty, we can become easily dysregulated due to the new changes in our lives. Change may be difficult, and it can take longer for others to adapt. Sometimes it is not easy explaining how these abrupt changes make us feel. Here are some quick tips to help improve de-escalation skills.

- Have a one on one chat with the child about their behavior.
- Hold the child accountable, but still enforce positive reinforcement.
- Use Mirror and match skills to help validate the child's feelings. Mirror and match is defined as mimicking behaviors and feelings.
- Reflect on the situation and address ways to prevent it from happening again.



Children are still learning how to process their emotions. We must remember to provide a safe environment and a calm setting. We have neurons in our nervous system that mirror other people's nervous systems. This means when someone else gets upset, we tend to get that same energy.

This Mirror and Match technique does not mean mirroring the child's attitude, but it shows the child that we validate their feelings and that we are not ignoring the issue at hand, helping the child relax and reach an effective resolution.

Here are some tools and techniques that are beneficial to children struggling with escalation issues. The different types of breathing are defined below according to the website,

<https://fit.sanfordhealth.org/blog/animal-breathing-techniques-for-kids-article>.

- Bumble Bee breathing-slow breaths and buzzing can reduce heart rate and stress level.
- Bear breathing-focus on holding your breath, creating a feeling of peace and restfulness.
- Lion breathing-big, deep breaths and roaring that will release anger and frustration.



Establishing a safe space will allow children to relax and process the world around them. Some children may prefer to find a quiet space off to the side to prepare their thoughts. Some children might like to blow bubbles, draw pictures or keep a special toy to calm them down. We hope this week's resources will help you and your family build stronger de-escalation skills throughout this difficult time.

<https://childsavers.org/deescalation-techniques/>  
<https://fit.sanfordhealth.org/blog/animal-breathing-techniques-for-kids-article>